

Group Exercise Schedule

September - December 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MIND-BODY CLASSES (Classes held in the Mind-Body Studio on the lower level)	9:00-10:00 am Pilates Mix (*Meeks Method Warm-up) Marla (Rhonda subbing 9/17,9/24,10/1,10/8) 10:30-11:45am Yoga Mix DaVaun 12:15-1:15pm Intermediate Yoga Kari 4:00-4:45pm Very Gentle Yoga Abby 5:00-5:45 pm Tai Chi John/Nathan	6:30-7:30am Intermediate Yoga Lisa 9:00-10:00am Basic Pilates Lara 10:30am-12:00pm Yoga Mix Dori 6:00-7:15pm Intermediate Yoga Gwen	6:30-7:00am Express Boot Camp Studio 2 – Jamie 10:15-11:00am Cutting Edge Core Studio 2 – Mike 11:05-11:35am Express HIIT Studio 2 – Mike 4:15-5:05pm Zumba Studio 2 – Monica 5:15-6:00pm Ballet Fusion Studio 2 – Monica	9:00-10:00am Power Pilates Lara 10:15-11:15am Intermediate Yoga DaVaun 12:15-1:15pm Intermediate Yoga Kari 1:30-2:30pm Very Gentle Yoga Gwen 4:00-4:45pm Chair Tai Chi John/Nathan 5:00-5:45pm Tai Chi John/Nathan 5:45-6:45am Boot Camp Studio 2 - Jen 10:05-10:50am Latin Fusion Light Studio 2 – Rhonda 10:15-11:00am Advanced Step Studio 1 – Jill 11:15-11:45pm Express Cutting Edge Core Studio 1 – Jill 11:15-12:00pm Basic Strength & Balance Studio 2 – Diane/Rhonda 12:15-12:45pm Basic Stretching Studio 2 – Diane/Rhonda 5:15-6:10pm Total Body Conditioning Studio 2 – Joy 6:15-7:00pm Cardio & Core Studio 2 – Joy	6:30-7:30am Intermediate Yoga Lisa 9:00-10:00am Basic Pilates Lara 10:30-12:00pm Gentle Yoga DaVaun 6:00-7:15pm Yin-Yang Yoga Anne 7:30-8:30pm Pilates Mix Monica 6:30-7:00am Express Boot Camp Studio 2 – Amanda 10:15-11:00am FIT Circuit Studio 2 – Mike 11:05-11:35am Express Strength Studio 2 – Mike 4:15-5:00pm Zumba Light Studio 2 – Monica 5:15-6:05pm Zumba Studio 2 – Monica 6:30-7:15pm Strength & Core Studio 2 – Mary Ann	6:15-7:15am Yoga Mix Dori 9:00-10:00am Yogalates Lara 10:15-11:00am Tai Chi John/Nathan 12:15-1:15pm Yoga Mix Monica 2:00-3:00pm Very Gentle Yoga Abby 5:45-6:45am Step & Strength Studio 2 – Jen 10:05-11:05am Step & Strength Studio 1 – Joy 10:05-10:50am Cardio Light Studio 2 – Monica 11:15-12:00pm Basic Strength & Balance Studio 2 – Monica 4:30-5:15pm Tabatta & Stretch Studio 2 – Mike	9:00-10:30am Intermediate Yoga Beaker 8:30-9:15am Total Body Conditioning Studio 2 – Jamie/Theresa 9:30-10:30am Step Plus Studio 2 – Patti 10:40-11:30am Basic Step Studio 2 – Patti Express classes are 30 minutes. Please note, there are additional times the studios are reserved for clinical programs not listed on the schedule. Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.
	CARDIO & STRENGTH CLASSES 9:15-9:55am Tabatta & Stretch Studio 2 – Joy 11:00-12pm Strength & Core Studio 2 – JoAnn/Kelly/MaryAnn	6:05-7:00pm Restorative Core Kami 5:45-6:45am Step & Strength Studio 2 – Jen 10:05-11:05am Step Plus Studio 1 – Joy 10:05-10:50am Cardio Light Studio 2 – Patti 11:15-12:00pm Total Body Conditioning Studio 1 – Joy 11:15-12:00pm Basic Strength & Balance Studio 2- Diane/Rhonda 12:15-12:45pm Basic Stretching Studio 2 – Diane/Rhonda 5:15-6:00pm Total Body Conditioning Studio 2 – Mary Ann 6:15-7:10pm Ballroom Dancing Studio 1 – Daphne/Heather 6:15-7:05pm Zumba Studio 2 – Monica 7:15-7:45pm Express Strength Studio 2 – Monica	6:30-7:30am Express Boot Camp Studio 2 – Jamie 10:15-11:00am Cutting Edge Core Studio 2 – Mike 11:05-11:35am Express HIIT Studio 2 – Mike 4:15-5:05pm Zumba Studio 2 – Monica 5:15-6:00pm Ballet Fusion Studio 2 – Monica	9:00-10:00am Power Pilates Lara 10:15-11:15am Intermediate Yoga DaVaun 12:15-1:15pm Intermediate Yoga Kari 1:30-2:30pm Very Gentle Yoga Gwen 4:00-4:45pm Chair Tai Chi John/Nathan 5:00-5:45pm Tai Chi John/Nathan 5:45-6:45am Boot Camp Studio 2 - Jen 10:05-10:50am Latin Fusion Light Studio 2 – Rhonda 10:15-11:00am Advanced Step Studio 1 – Jill 11:15-11:45pm Express Cutting Edge Core Studio 1 – Jill 11:15-12:00pm Basic Strength & Balance Studio 2 – Diane/Rhonda 12:15-12:45pm Basic Stretching Studio 2 – Diane/Rhonda 5:15-6:10pm Total Body Conditioning Studio 2 – Joy 6:15-7:00pm Cardio & Core Studio 2 – Joy	6:30-7:30am Intermediate Yoga Lisa 9:00-10:00am Basic Pilates Lara 10:30-12:00pm Gentle Yoga DaVaun 6:00-7:15pm Yin-Yang Yoga Anne 7:30-8:30pm Pilates Mix Monica 6:30-7:00am Express Boot Camp Studio 2 – Amanda 10:15-11:00am FIT Circuit Studio 2 – Mike 11:05-11:35am Express Strength Studio 2 – Mike 4:15-5:00pm Zumba Light Studio 2 – Monica 5:15-6:05pm Zumba Studio 2 – Monica 6:30-7:15pm Strength & Core Studio 2 – Mary Ann	6:15-7:15am Yoga Mix Dori 9:00-10:00am Yogalates Lara 10:15-11:00am Tai Chi John/Nathan 12:15-1:15pm Yoga Mix Monica 2:00-3:00pm Very Gentle Yoga Abby 5:45-6:45am Step & Strength Studio 2 – Jen 10:05-11:05am Step & Strength Studio 1 – Joy 10:05-10:50am Cardio Light Studio 2 – Monica 11:15-12:00pm Basic Strength & Balance Studio 2 – Monica 4:30-5:15pm Tabatta & Stretch Studio 2 – Mike	9:00-10:30am Intermediate Yoga Beaker 8:30-9:15am Total Body Conditioning Studio 2 – Jamie/Theresa 9:30-10:30am Step Plus Studio 2 – Patti 10:40-11:30am Basic Step Studio 2 – Patti Express classes are 30 minutes. Please note, there are additional times the studios are reserved for clinical programs not listed on the schedule. Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.

ADVANCED STEP – (intermediate to advanced) This class is for the experienced stepper. Challenging step combinations and choreography will get your heart pumping.

BALLET FUSION – (all levels) This class blends ballet moves, strengthening and stretching to tone the legs, arms and core. No dance experience is required. The use of body bars and/or chairs may be used to help maintain balance.

BALLROOM DANCING – (intermediate to advanced) This class focuses on advanced steps, technique & dance styling. It's a medium to high intensity cardio class. Partner is required.

BASIC STEP – (beginner) Learn the basic movements and terminology done in a step class.

BASIC STRENGTH & BALANCE – (beginner) Learn basic strength training exercises using small balls, dumbbells and thera-bands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

BASIC STRETCH – (beginner) Learn basic stretches either done seated or standing.

BOOT CAMP – (all levels) Blast your fitness level in this challenging class designed to push you while having fun. Be prepared to sweat, breathe hard & get super fit! (Express classes are 30 minutes)

CARDIO & CORE – (all levels) Various styles of cardio & core exercises will be completed to give you a heart pumping workout. Movements can be modified or intensified based on fitness level.

CARDIO LIGHT – (beginner to intermediate) A fun, easy-to-follow low impact cardio class.

CUTTING EDGE CORE – (all levels) An innovative core training class that challenges balance and strength. Functional movements progress from standing balance to floor work. Participants must be able to lie on the floor. (Express class is 30 minutes)

EXPRESS HIIT (High Intensity Interval Training) – (intermediate to advanced) Work your body to the max with short & intense intervals to increase aerobic performance and get fit. Speed and recovery intervals will take your body to its limit...all in 30 minutes!

EXPRESS STRENGTH – (intermediate to advanced) An effective 30 minute challenging strength workout that will work all muscle groups.

FIT CIRCUIT – (intermediate to advanced) A challenging full body workout that incorporates varied movements using different stations. Get ready for cardio intervals, full-body strength exercises, core & flexibility work.

LATIN FUSION LIGHT (beginner to intermediate) This is a fun cardio dance class combining high-energy Latin music with unique moves & combinations.

STEP PLUS – (intermediate to advanced) Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals or at the end of class.

STEP & STRENGTH – (all levels) A combination class of intervals using the step for cardio and weights for strength training.

STRENGTH & CORE – (intermediate to advanced) Total body strength training with a focus on developing strong abdominals, back and hips.

TABATTA & STRETCH – (intermediate to advanced) Get your heart pumping & muscles burning with a series of timed intervals with minimal rest between sets. Unwind after the series with deep stretching.

TOTAL BODY CONDITIONING – (intermediate to advanced) Challenge yourself in this high-energy, total body muscular strength and endurance class. A complete workout using barbells, dumbbells and more!

ZUMBA – (intermediate to advanced) A fusion of Latin & International music which combines high energy and unique moves that create a dynamic and effective fitness system.

ZUMBA LIGHT – (beginner) A fun, low impact cardio dance class that moves along to Latin & International music. Enjoy all the moves of Zumba at your own pace.

CLASSES HELD IN THE MIND-BODY STUDIO

RESTORATIVE CORE – (beginner) This class offers slow movements with light resistance to help promote muscle development and reduce the risk of injury. Each full-body workout focuses on proper alignment & stability. Must be able to get up and down from the mat without assistance.

YOGALATES – (all levels) This class combines Pilates & yoga for a total body & mind workout. Develop core strength and stabilization through Pilates poses and improve flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

Pilates at McConnell
The Pilates Mat classes at McConnell are based on the Stott Pilates® contemporary approach to the mind-body exercise developed by Joseph Pilates. Emphasis will be on breath, core conditioning and body awareness. Pilates is a safe and effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints.

BASIC PILATES – (beginner) Participants will learn proper breathing and form techniques needed to perform Pilates exercises. Essential level exercises are done on the mat and with other props.

PILATES MIX – (beginner to intermediate) Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. (*Meeks Method Warm-up- Limited spinal flexion, Monday 9am only)

POWER PILATES – (intermediate to advanced) Build optimal strength, flexibility and endurance while improving your posture. This class consists of Pilates exercises done at a more challenging pace. The exercises flow together with less rest between movements. Designed for those with Pilates experience.

Tai Chi at McConnell

Tai Chi involves a series of movements performed in a slow & focused manner. You will learn balance skills, good body alignment and coordinated movements in a circular and flowing motion.

CHAIR TAI CHI – (all levels) This class brings attention to the mind directing the body for connective tissue & joint mobility work.

TAI CHI – (all levels) A series of continuous movements designed to promote relaxation and improve concentration, flexibility, balance and strength.

Yoga at McConnell

A variety of yoga classes are offered ranging from Very Gentle Yoga to Intermediate Yoga. Though differing in approach, all of the classes will work with yoga postures, breath awareness and relaxation. Through regular practice, participants will achieve greater body awareness, increase both strength and flexibility and experience greater peace of mind. Each class has a uniqueness based on the instructors' training and vary in length of class time.

VERY GENTLE YOGA – (beginner) This class is designed for those who may find the level changes and intensity of a more traditional yoga class rather difficult. Chairs and other props are used to modify poses to individual comfort level. This class will include movement, breath-work and meditation/relaxation.

GENTLE YOGA – (beginner) This class is designed for those who are new to yoga or those desiring a more moderate approach to practice. Participants will work with gentle but deep stretches, basic postures, breath awareness and relaxation towards a more balanced & energized body.

YOGA MIX – (all levels) This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, balancing and back-bending poses to connect the breath with movement through deep, full yogic breathing.

YIN-YANG YOGA – (beginner to intermediate) This class has the perfect balance of Vinyasa and Yin Yoga. Experience an active practice to tone and strengthen the body, while synchronizing the breath with movement. As a great complement, release further tension from the body and stimulate the flow of chi (energy) by holding floor postures for 3-5 minutes.

INTERMEDIATE YOGA – (intermediate) This class involves a variety of poses & breath work as well as attention to mindfulness. Some postures are held for longer periods of time to increase strength and concentration while other postures will be linked together through the flow of breath in a Flow or Vinyasa style. This class is designed for the more experienced practitioner.